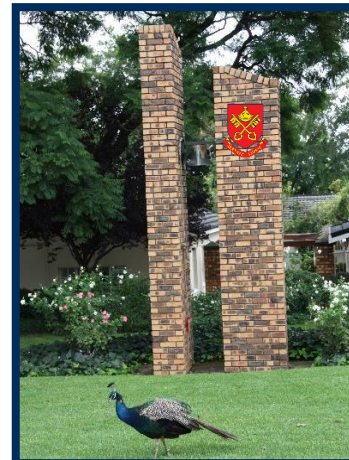




SENIOR PREP

Keyhole: 891

20 September 2018



ST PETER'S
BOYS PREP SCHOOL

THROUGH THE KEYHOLE

Weekly Newsletter of St Peter's Boys Prep School

FROM THE HEADMASTER

During the holidays my wife and I were fortunate enough to visit my son in the United Kingdom. A large proportion of our visit was taken by a road trip around the National Parks of Wales. We also spent time in London avoiding the normal tourist routes and partaking in one of our favourite past times; "people-watching." Of all our observations, the one that hit home most powerfully was a lack of aggression in social interactions compared to what we have come to accept as the "norm" in our country. I saw one incident of a man hooting and waving his hands when the driver ahead was too slow to take off from a traffic light and one aggressive reaction to a wheelie-bag being rolled into a person's ankles. On our return, however, we came across aggressive driving, aggressive social interactions and an overtly "me-first" culture that we had not noticed before our trip. I am sure that nothing had changed here and can only conclude that we are becoming desensitised to the aggressive culture in which our children are growing up and which is informing their own character development.

The following little story illustrates how our uncontrolled expression of anger can snowball:

Story 129: The wonderful storyteller, Aesop, tells the story of the angry snake who liked to bully his way through life.

One day, the snake slithered into the farmer's barn to escape the cold of the approaching winter. As he slid through a crack in the wall, his body brushed against a rusty file that the farmer had left lying against the wall. Instantly, in a fit of blind fury, the angry snake whipped around to attack that which had dared to touch him. He bit hard into the file, which hurt his mouth and made him even more angry, and so he struck again and again and again and again ...

The next morning, the farmer strolled into the barn to tidy up. To his amazement, he found the bloody head and mouth of a dead snake lying next to his rusty file, which was also covered in blood.

At one of our staff development sessions at the beginning of the term, we learnt how simple breathing techniques can be extremely effective in controlling both stress and anger. Kenda Melvill-Smith, Head of the Boys JP, shared a few of these with the JP Community two weeks ago and I thought that I would "retweet" for the broader community:

Life can get busy, overwhelming and downright stressful... no matter how old you are. We all need to take a big, deep breath! You've probably heard "just breathe" a million times and maybe noticed that actually taking the time to take deep breaths helps you feel more centred and calm – but did you ever think about why? Deep breaths send oxygen to the brain, soothing the amygdala, a small area in the middle of each hemisphere that acts as the brain's alarm system.

That's why it's helpful to know specific (and fun) breathing techniques that are great for parents and children alike. Maybe you can breathe together at bedtime or when anyone in the family is upset. Give these five methods a try and see how much calmer your household can become.

1. Square Breath

Breathe in to a count of five and hold the breath for a count of five. Then breathe out to a count of five and wait for a count of five before breathing again. You'll have to play with this a bit to find your perfect rhythm. Children often like to draw a square in the air while they breathe, to help them stay on track.

2. Sphere Breath

Put your fingertips together and form a sphere with your two hands. As you inhale, inflate the sphere. As you exhale, flatten your hands together. Imagine your belly filling with air as your hands expand to form a sphere.

3. Darth Vader Breath

Children love this one. Breathe in deeply through your nose. Keeping your mouth closed, exhale while you make a "Darth Vader" type noise in the back of your throat. If your child isn't a huge *Star Wars* fan, you could also refer to this as "Ocean Breath" and describe the sound as the sound of the ocean.

4. Shoulder Roll Breath

Take a deep breath in through your nose and roll your shoulders up to your ears as you inhale. Breathe out through your mouth and roll your shoulders down as you exhale. Repeat slowly in a continuous movement of shoulder rolls, timed with the breath.

5. Mountain Breath

This breath can be done sitting or standing. As you inhale through your nose, raise your arms as high as you can and bring your palms together high over the top of your head. Imagine you are tall as a mountain. As you exhale through your mouth, bring your palms together in front of your chest.

Taking the time to breathe with your children shows them that you're just as dedicated to being calm and peaceful as you'd like them to be. You may even want to explain why deep breaths are helpful when we're feeling overwhelmed or stressed. Most children really enjoy these breathing exercises. In fact, once they learn them, you might be surprised to find your children doing these exercises by themselves.

(Dr Mark Hyman)

I will certainly be making a conscious effort to stop and breathe before reacting angrily or aggressively to situations. I will also be discussing this practice with the boys. My request is that parents and teachers make every effort to reinforce a "stop, breathe, relax" culture, both overtly and as models of behaviour in all situations. I am certain we will both observe and experience a healthier and calmer environment as a result.

I hope you enjoy a calm and positive week.

Best wishes

Rob Macaulay

DIVERSITY**HERITAGE MONTH:**

September is Heritage Month and this is a time to celebrate our heritage as a rainbow nation. The focus should be on our commonalities rather than our differences, and to have an understanding and acceptance of the different cultures, traditions and religions. Boys and Girls are invited to wear cultural attire and share cultural food and stories on Friday, 21 September.

MY STORY - MY HERITAGE – TONIGHT – ALL WELCOME

Bring along any item that reflects part of your personal story or heritage - a photo, an article of clothing, memorabilia from a particular event in your life - and come and share that aspect of your story. Exploring our collective history sets us on a path towards building a stronger community.

Date: Thursday, 20 September

Time: 18:30 – 20:00

Venue: Girls JP Hall

FESTIVALS:

Hindus celebrate **Purtassi** and **Pitra Paksh** during September and October.

PURTASSI is an annual festival in the Tamil Calendar which occurs from mid- September to mid -October and is dedicated to the worship of Maha Vishnu (the Preserver). During this period, devotees undertake a fast, devote time saying regular prayers to the Gods, seeking forgiveness for all their sins and offering thanks for the life on earth and its preservation.

PITRA PAKSH is a period of 15 days during which Hindus or followers of Sanathan Dharma observe a memorial and thanksgiving to the departed souls. It is a special time when they acknowledge their indebtedness to their ancestors who made a valuable contribution to the world and specifically to their well-being. Hindus express their thanks to their ancestors and pray for their well-being by offering oblations of water.

The Islamic New Year is on the first day of **MUHARRAM**, the first month in the lunar Islamic calendar. Muslims set spiritual and social goals and strengthen their relationship with Allah through prayer and good deeds. Deeds may be small in your eyes but it might inspire someone else to do a good deed, thereby creating a ripple effect of goodness.

YOM KIPPUR, also known as the Day of Atonement, is the holiest day of the year in Judaism. Its central themes are atonement and repentance. Jewish people traditionally observe this holy day with an approximate 25-hour period of fasting and intensive prayer, often spending most of the day in service at synagogues.

St Peter's wishes all pupils, parents and staff members an enjoyable period of festivities.

Vijay Maharaj (Director – Diversity)

INDIGENOUS PLANT APPEAL

We would like to upgrade the Boys Prep gardens.

Many of you are busy in your gardens at the moment splitting plants and preparing for spring and summer. If you can spare a few we would really appreciate them. They can be dropped off at the cross in the Chapel car park or in the JP car park. Security will help you.

We are looking for any indigenous:

- succulents
- grasses
- mother-in-law tongue
- gazanias
- wild irises
- normal irises
- strelitza
- aloes
- groundcovers



If anyone has an "aloe tree" (not large) that they can spare, that would be wonderful.

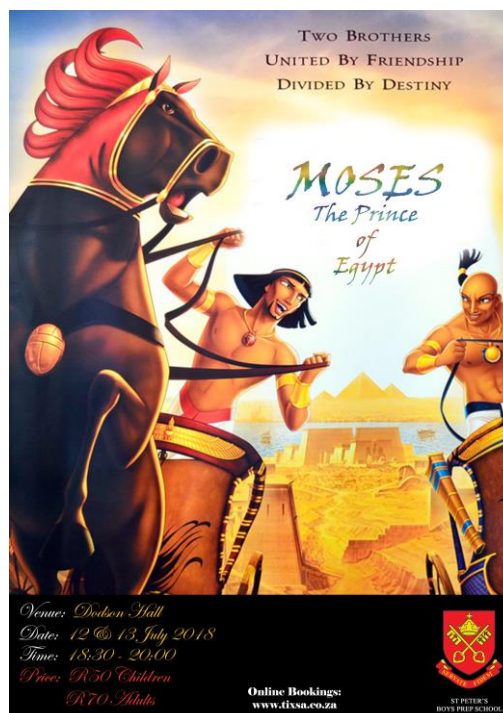
USB ORDERS FOR "PRINCE OF EGYPT" AND "VIVA VOCE":

We are pleased to announce that the footage for both productions: "Prince of Egypt" & "Viva Voce" 2018 is ready and orders are open. Should you be interested in purchasing a copy of either these productions, please follow the link to place your order/s:

<https://goo.gl/forms/r0U0wupaMR8q1WTP2>

An Invoice with banking details will be sent to you once your information has been received. Please take note that orders paid and placed on, or before every Friday, will be delivered on the following Monday and may be collected from my studio.

Daniël Rossouw (Head of Instruments)



PAVER PLAQUES

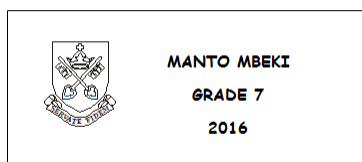
A **PAVER PLAQUE** is a timeless reminder of your son's years at St Peter's Boys Prep School. This brass plaque is engraved with your son's details and is placed in the quad outside the Dodson Hall – The Old Boys Quad.

Should you wish to order, please click on the link and complete the Google order form.

<https://goo.gl/forms/eZGieDiKQnfdyzWu2>

Examples of the plaques available to order:

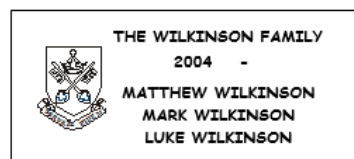
CURRENT PUPIL:



LEAVERS' 2015:



FAMILY PLAQUES:



Orders for 2018 will close on 30 September 2018

GOLF DAY



**ST PETER'S
PREP SCHOOLS**

RAFFLE 2018

R200 per ticket

**Buy a raffle ticket and
stand a chance of winning
R30 000 towards
your *school term fees*.**

T's & C's apply
Only 600 tickets available
Purchase your tickets on TIXSA
On sale from Wednesday, 19 September 08:00

Draw: 5 October 2018
Time: Approx. 19:00
Venue: Kyalami Country Club
Event: St Peter's Prep Schools Golf Day

YOU DO NOT HAVE TO BE AT THE DRAW TO WIN!



Buy your tickets online through this link:

<https://tickets.tixsa.co.za/event/st-peter-s-prep-schools-raffle-2018/pre-sale>

REMINDER – HERITAGE DAY DRESS UP TOMORROW, FRIDAY 21 SEPTEMBER

Please wear traditional clothing or a colour/s from our South African flag in celebration of Heritage Day!

**SUNSET CAROLS – CHRISTMAS MARKET STALL INVITATION**

The St Peter's Foundation invites you to participate in the 2018 Sunset Carols Christmas Market to be held on Saturday, 1 December!

This is a wonderful opportunity to sell your goodies. This market has grown in popularity each year. The market is held prior to the St Peter's Prep Sunset Carols, which in the past has attracted over 2 500 people. To apply for a stall click on the following link: bit.ly/CarolsApI

FORTHCOMING WEEK

Monday, 24 September is a Public Holiday, see you all back at school on Tuesday, 25 September!



RAGAZZI – 26 SEPTEMBER

A poster for the Ragazzi Instrumental Concert. The top half features a teal background with illustrations of a trumpet, a guitar, a violin, and a keyboard. The bottom half is white with black text. The title 'Ragazzi Instrumental Concert' is in a large, elegant font. Below it, the date '26 September 2018' and the venue 'Dodson Hall' are listed. The time '18:30' is at the bottom. The St Peter's Boys Prep School crest is on the left, with the school's name below it.

Ragazzi Instrumental Concert

26 September 2018

Dodson Hall

18:30

ST PETER'S
BOYS PREP SCHOOL

Please check Calendar section of Communicator St Peter's for forthcoming week's activities.
PLEASE NOTE: DEADLINE FOR NEWS SUBMISSIONS IS 08:00 ON WEDNESDAYS